



Continuous Chest Compression CPR *The New CCC-CPR for Cardiac Arrest*

Automatic External Defibrillator (AED) Awareness
What is an AED?



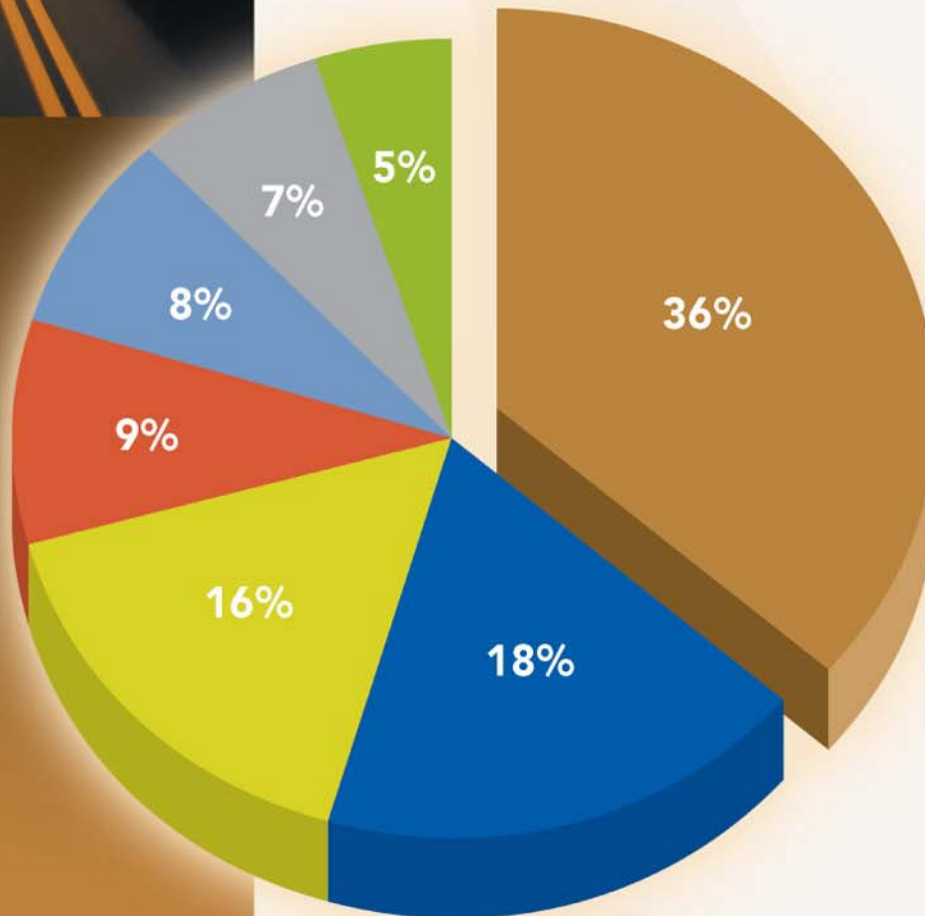


What is Cardiac Arrest?





SUDDEN CARDIAC ARREST (SCA) Is THE #1 CAUSE OF DEATH IN THE U.S.*



- 465,000 deaths per year
- 2/3 of SCA deaths occur while at home, work or play
- 1/3 occur in hospitals

- Sudden Cardiac Arrest
- Stroke
- Lung Cancer
- Breast Cancer
- Traffic Accidents
- Homicide
- AIDS/HIV

*Cardiovascular Health Branch, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. Circulation. 2001;104:2158-2163.



How to Save A Life

Patient Assessment, CCC and AED





What is CCC - CPR?

- CCC is a new method of resuscitation developed through extensive research at UA Sarver Heart Center for use by layperson bystanders.
- CCC means continuous aggressive chest compressions to circulate the victims blood through their brain and heart.
- No mouth-to-mouth breaths are necessary





Low Rates of Bystander Assistance

- Typically <20% of bystanders do ANY CPR in Arizona

➤ Why?

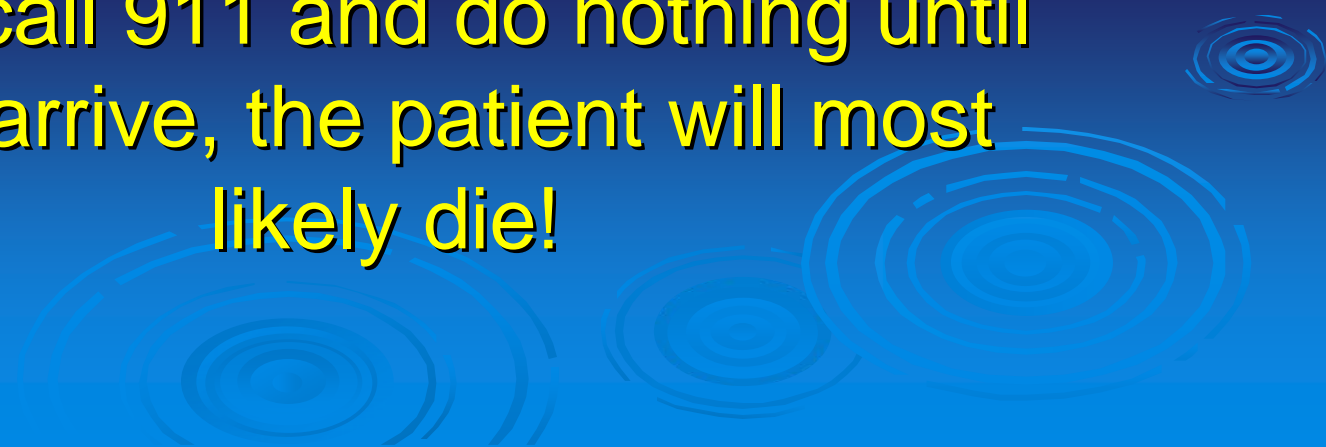
- Complicated task
- Panic
- Fear of causing harm
- Aversion to mouth-to-mouth contact
- Yuck factor





Bystander CPR dramatically increases survival..

If you call 911 and do nothing until
EMS arrive, the patient will most
likely die!

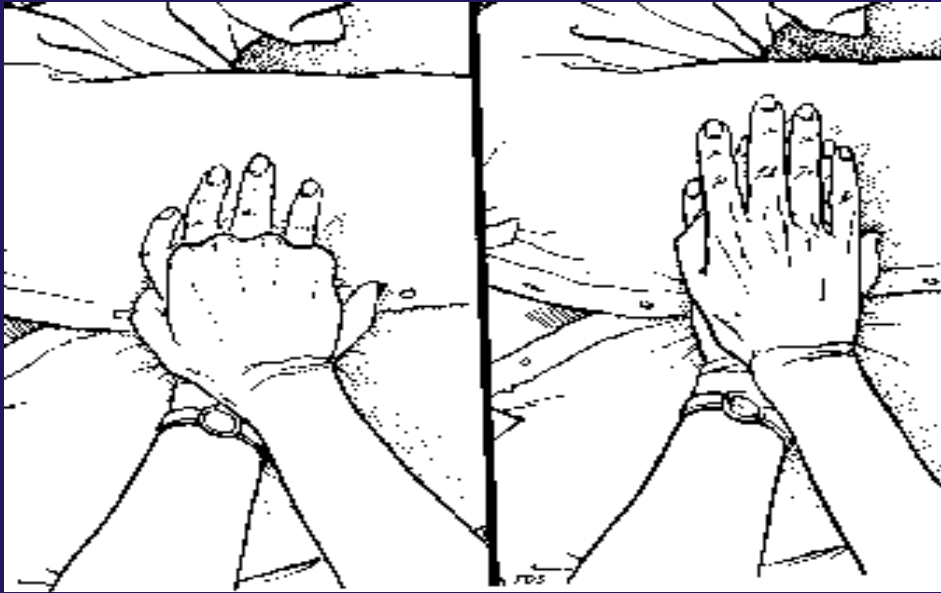




When is it OK to use CCC-CPR?

- CCC-CPR is for use on adults (>8) who suddenly collapse and are unconscious and unresponsive.
- 30:2 CPR is still best for drowning, choking, infants/toddlers, drug overdoses and known respiratory cause of the arrest if trained to perform it.

How do I do CCC?



With the victim on the floor:

1. Kneel beside them
2. Place one hand on top of the other
3. Lock your elbows
4. Aim for the middle of the chest (on the sternum between the nipples)
5. Push as hard and fast (try for 100/min.) as you can.
6. Take turns with other when tired.





Chest Compression Only CPR
can be taught in minutes



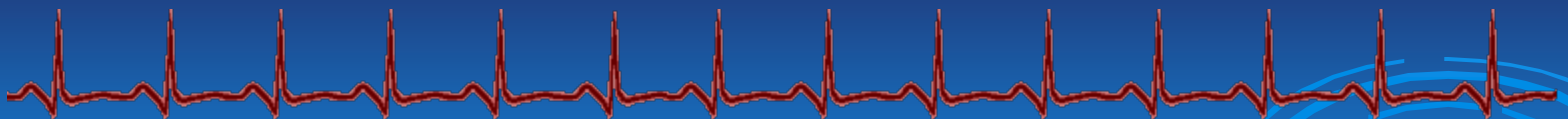
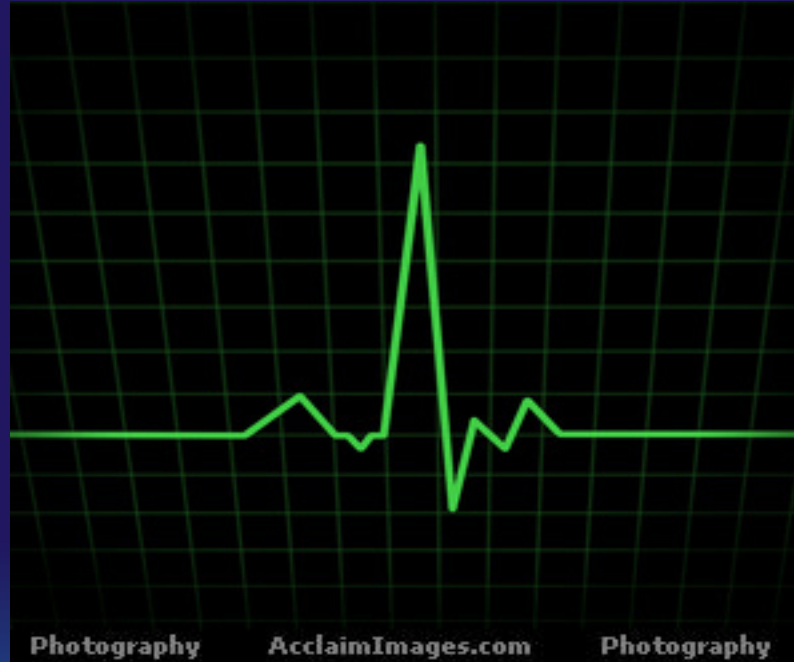


The Heart is an Efficient Machine



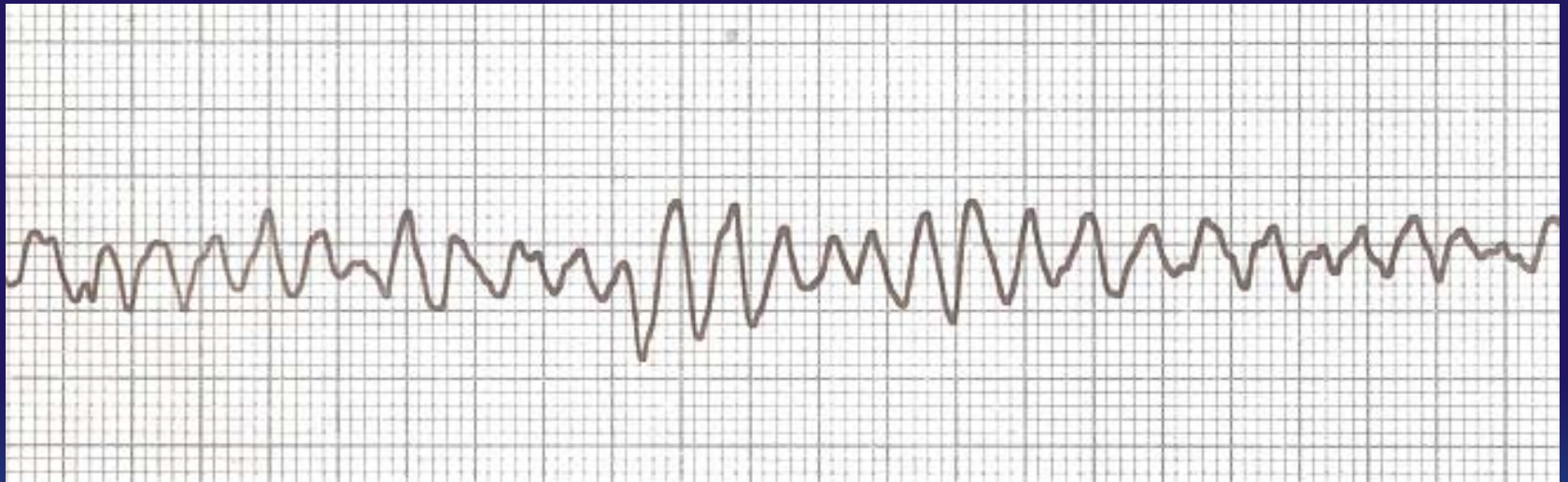


This is Normal!





Ventricular Fibrillation



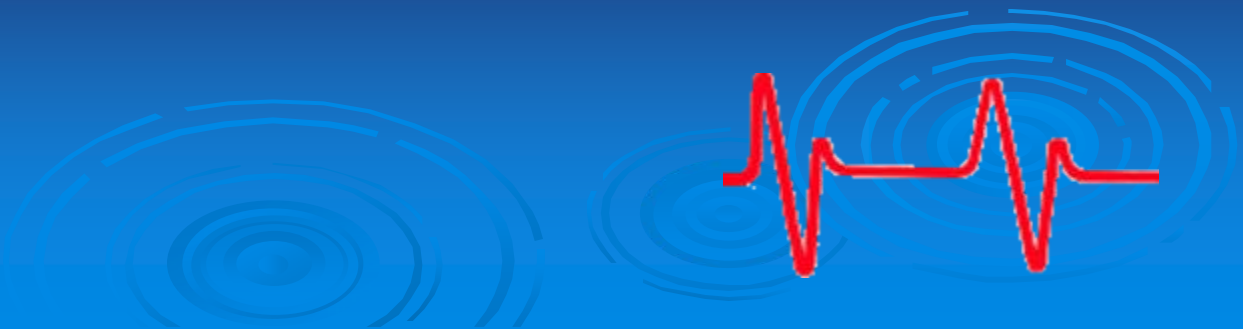
The Ultimate Medical Emergency



Did you know that your chance of surviving a Ventricular Fibrillation SCA is less than 5% without an AED?



The only effective treatment for ventricular fibrillation SCA is a defibrillation shock — an electrical pulse through the heart — which can restore a normal heart rhythm. In order to be effective in treating VF defibrillation treatment must be administered within the first few minutes.





Using an AED is simple.

Voice Prompts and visual text take you through each step and are repeated as needed.



One button operation makes it easy to use.

It will not advance to the next step unless you complete the previous.

It automatically monitors the patient's cardiac rhythm and determines if the patient requires a defibrillation shock.

If no shock is needed, it will not deploy the shock.

YOU CAN NOT USE THIS A WRONG WAY !!!



Take the **FEAR** out...



SAVING A LIFE IS EASY

IF YOU OBSERVE AN ADULT OR PERSON >8 COLLAPSE OR THEY ARE FOUND UNRESPONSIVE

- ➔ DIRECT SOMEONE TO **CALL 9-1-1** AND HAVE THEM WAIT TO LEAD PARAMEDICS TO THE PATIENT
- ➔ DIRECT SOMEONE TO **GET AN AED**
- ➔ **START FORCEFUL CHEST COMPRESSIONS AT 100 PER MINUTE**
CONTINUE UNTIL AED OR PARAMEDICS ARRIVE.
- ➔ **ATTACH AED** TO PATIENT AND FOLLOW VERBAL INSTRUCTIONS
- ➔ **CONTINUE** PERFORMING FORCEFUL **CHEST COMPRESSIONS** AND FOLLOWING **AED** INSTRUCTIONS UNTIL ARRIVAL OF PARAMEDICS.



THANK YOU...

- **Our goal is for Arizonans to have the highest survival rate in the world for cardiac arrest victims.**

www.azshare.gov



***You are in a position to
save lives on a large scale
in Arizona!***